

YMCA Health & Fitness Day at Kahala Mall

by Generations Magazine Staff

The YMCA's National Senior Health & Fitness Day was enjoyed by many on Wednesday, May 30th, at the Kahala Mall. The YMCA thanked the Kahala Mall and *Generations Magazine* for their cosponsorship of the day. There were a number of nonprofit organizations who participated, as well as over thirty *Generations* partners, who offered valuable information to seniors and their families. Demonstrations were held throughout the day, closing with a Vacations Hawaii drawing. ■



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